



IRISH SLEEP SOCIETY

Cumann Codhladh na hÉireann

The 18th Annual General Meeting

Saturday 22nd January 2022, Carlton Hotel Dublin

8.15-8.50 **Registration, exhibition and industry exhibition**

8.50-9.00 **Welcome**

Session 1: The impact of the Covid-19 Sleep Services

9.00-9.35 **Prolonged Effects of the Covid-19 Pandemic on Sleep Medicine Services**

Guest Speaker: Ludger Crote, Sahlgrenska University Hospital, University of Gothenburg, Sweden

9.35-9.50 **Home sleep service from a paediatric perspective.**

Sheila Javadpour, Children's Health Ireland at Crumlin, Dublin

9.50-10.20 **Pro/Con: Face to face care is obsolete in the management of OSA**

Barry Kennedy, St James's Hospital Dublin

Liam Doherty, Bon Secours Hospital Cork

10.20-10.35 Discussion

10.35-11.00 Coffee Break and Exhibition

Session 2: Circadian Rhythm in Health and Disease

11.00-11.30 **Game of Clocks – The curse of daylight saving time**

Silke Ryan, St Vincent's University Hospital, University College Dublin

11.30-12.30 **Sleep, circadian rhythms and aging; Of mice and men**

Guest Speaker: Tom de Boer, Leiden University, Netherlands



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12.30-13.15 Lunch Break and Exhibition

13-15-14.15 *Business Meeting of the Irish Sleep Society (all members welcome)*